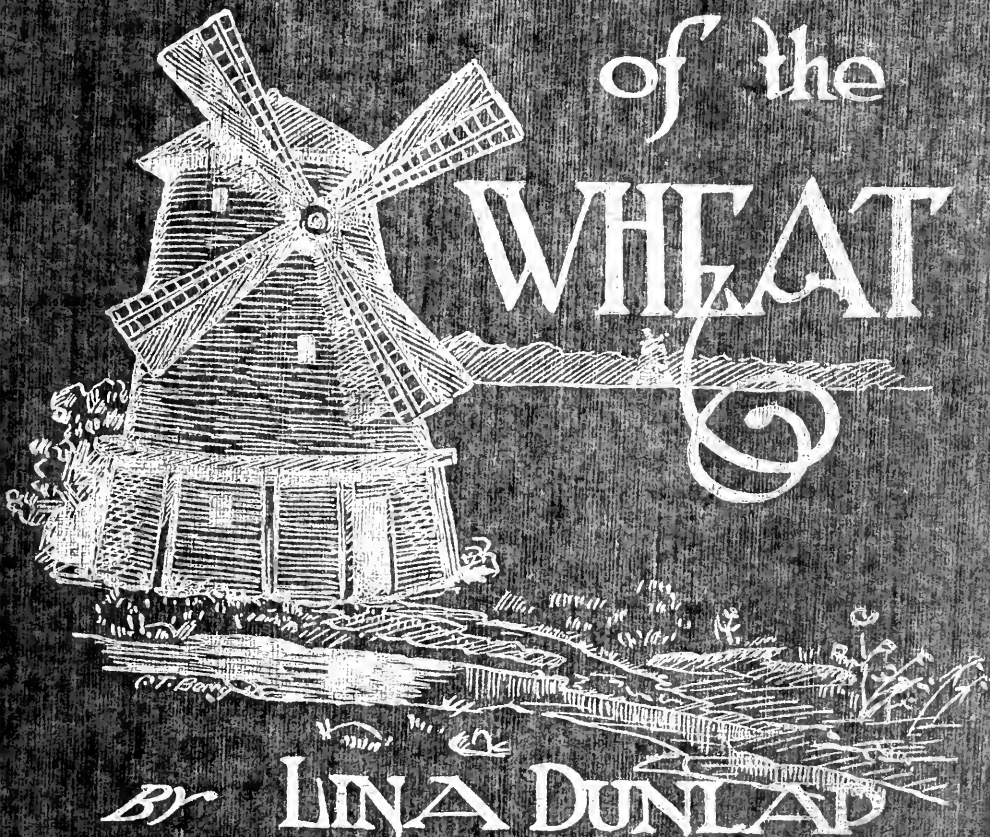


X 715

D877

Copy 1

# The HEART of the WHEAT



By LINA DUNLAP







"The corn top's ripe  
and the meadow's in the bloom"

—FOSTER.





A BOOK OF RECIPES  
By LINA DUNLAP

Author of  
"CANDLELIGHT TEA"  
"OUT OF THE BLUE GRASS"

COPYRIGHT  
1910

Press of Transylvania Printing Company,  
Lexington, Kentucky.

TXS  
201



Breads

Cakes

Pies



Mix one quart of flour with lump of lard size of an egg, teaspoonful of salt and one of baking powder. Make into a stiff dough with equal parts of milk and ice water. Knead well by rolling through biscuit machine. When smooth and soft and begins to blister and pop roll thin, stick with fork and bake in moderate oven twenty to thirty minutes.

Have ready one yeast cake dissolved in a cup of lukewarm water. Beat very light and separately four eggs, add two tablespoonsful of sugar and butter size of an egg, which must be melted. Stir in enough flour to make a stiff batter, have very smooth, add yeast and fold in the well-beaten whites; let this batter rise well, then beat again; pour in shallow buttered pans; let rise to top of pans and bake in quick oven.

## HEART OF THE WHEAT

Set sponge with one quart of milk, one yeast cake, one teaspoonful of salt and enough flour to make a sponge. When it rises quite light add one-half cup of butter and one-half cup of lard, four tablespoonsful of sugar and the whites of four eggs. Knead enough flour into this to make a sticky dough, allow to rise again; put into tins and when they come to top of moulds bake in quick oven.

Beat three eggs without separating till very light, add teaspoonful of salt; pour this on to two cups of flour, adding two cups of milk, beating all very light. Fill moulds half full and bake in quick oven.

Same as wheat muffins, allowing two cupsful of flour and one cupful of well-boiled rice. The cup of rice takes the place of the third cup of flour.

Two cups of milk, one cup hot water, three table-spoonsful of butter, two of sugar, teaspoonful of salt, one cake fresh yeast; mix the milk, sugar, salt and dissolved yeast; add melted butter and three cups of flour. Beat sponge until light and smooth; cover closely and let rise in a warm place. When light add enough flour to make a soft dough. Cover and let rise again; roll out to half-inch thickness, cut with biscuit cutter, spread each with melted butter. Fold over, bringing edges together; place in buttered pan an inch apart, let rise until very light and bake in hot oven for fifteen minutes.

To one and one-half cupsful of flour add one teaspoonful of salt and two of baking powder. Beat the yolks of three eggs, add cup of sweet milk; pour liquid very gradually on flour, making a very smooth batter. Pour into this two table-spoonsful of melted butter; whites of eggs must be well beaten and folded in just before baking. Cakes must be baked on a hot, greased griddle.

## HEART OF THE WHEAT

To three cupsful of flour add one teaspoonful of salt and two of baking powder, sift all well; rub into this one-half cup of lard, make into a soft dough by using equal parts of water and milk. Knead until perfectly smooth, roll thin, cut out and bake in quick oven.

Separate three eggs, beat very light, add to the yellows one cupful of milk; have sifted three cupsful of flour with one teaspoonful of salt. Whip this until you have a smooth light batter, adding more milk if needed. Just before baking add two teaspoonsful of baking powder and fold in the whites. Two table-spoonsful of melted butter added to the batter will make them more tender. Pour into hot muffin moulds only half full and bake in quick oven.

Make same as batter cakes, allowing one cup of well-cooked rice in place of one cup of flour. Bake same as batter cakes.

Separate two eggs and to the well-beaten yolks add two cupsful of milk; sift two cupsful of flour and one teaspoonful of salt, pour the liquid into the flour, beating until you have a smooth batter. Fold in the whites of the eggs beaten stiff and bake in hot, well greased muffin rings.

Made the same as above batter cakes, allowing one cupful of bread crumbs in place of one of flour. Bake same as batter **cakes**.

Sift one pint of meal, adding teaspoonful of salt, two teaspoonsful of baking powder. Stir into this boiling water until it is the consistency of mush. Have melted a tablespoonful of lard; mix well into the mush; make into oblong cakes; flatten after placing in a hot greased pan, not forgetting to leave the "Black Mammy" finger prints on top of each dodger.

## HEART OF THE WHEAT

Separate three eggs, beat very light, add to the yellows one cupful of milk; have sifted three cupsful of flour, with one teaspoonful of salt and two of baking powder; whip this into the yolks and milk, adding a tablespoonful of melted butter. The well beaten whites must be foolded in just before frying; have lard very hot and deep, dropping batter from spoon.

Made same as above, allowing one can of Hawaiian pineapple cut in small cubes and stirred in just before frying. Serve with the pineapple juice made into a syrup.

Make batter same as for fritters. Take one can of Hawaiian pineapple, lift out slices, dip them in batter and fry in deep, hot grease. Serve with pineapple syrup made from the juice.



Chop good cooking apples very fine, stir in fritter batter, drop in hot grease. Serve with powdered sugar, into which has been mixed a small quantity of cinnamon.

Beat separately five eggs, make a batter of three cupsful of flour, one teaspoonful of salt, three of baking powder, yolks of five eggs and equal parts of milk and water until the consistency of cream; melt two tablespoonsful of butter and add just before folding in the well beaten whites. Bake in hot, well greased waffle irons. The secret of delicious waffles is to have batter light and thin and not over-filling the irons. This makes them heavy.

One pint of corn meal, one teaspoonful of salt, two eggs, beaten separately, two spoonsful of baking powder or one cup of buttermilk with one-half teaspoon of soda stirred in. Beat eggs, stir in milk, then meal, beat hard. Whites of eggs folded in just before baking. Muffin moulds must be well greased and very hot.

## HEART OF THE WHEAT

Spoon bread can be made from mush, gritts or cream of wheat. To one quart of cooked material add two eggs, beaten separately; one tablespoonful of melted butter and two teaspoonsful of baking powder and one cupful of milk.

Toast bread evenly and light brown. Let your cream come to boiling point, but not boil; add salt and butter. Pour over toast when ready to serve.

Mix into two cups of graham flour one teaspoonful of salt and two of baking powder; stir into this equal parts of milk and water until the consistency of thick cream, add eggs beaten separately and bake in gem pans.

Have ready a pint of sifted meal mixed with a handful of wheat flour and a small teaspoonful of salt. Beat four eggs very light and stir them by degrees into a quart of milk, in turn with the meal. They must be baked as soon as mixed on a hot griddle, allowing a ladle full to each cake. Send to table very hot, buttered and covered.

Take one quart of buckwheat meal, mix with teaspoonful of salt and two tablespoonsful of baking powder. Stir in the yolks of three eggs and milk to make a batter the consistency of cream. Fold in the three well beaten whites just before baking.

Slice bread thin, remove the crust, add a little salt and pint of milk to two well beaten eggs, dip each slice in the mixture and fry in very hot batter on both sides until a light brown. Grated cheese sprinkled on top of each slice will make it even more appetizing. Serve hot.

## HEART OF THE WHEAT

Sift a pound of flour, rub into it butter size of an egg and the well beaten whites of three eggs and one-half yeast cake thoroughly dissolved. Add sufficient milk to make a light dough. Cover and keep in a warm place to rise. It should be light in an hour, divide into rolls, place them in greased pans to rise again, and when very light bake in quick oven.

# Cakes



Cream together one cupful of butter and three of granulated sugar, stir into this one cupful of water (water makes a cake tender and does not stale quickly), add to this four cupsful of sifted flour and two teaspoonsful of baking powder. Beat to a stiff froth the whites of eleven eggs and fold them in the batter. Flavor with vanilla. Bake in layers and put together with ice-cream icing.

Boil two cups of sugar in half cup of thick cream. Cook to a soft candy. Have ready the whites of three eggs, beaten to a stiff froth. Beat the candy while very hot into the eggs; continue stirring until it is thick and creamy. Spread between layers and over the entire cake.

## HEART OF THE WHEAT

Make cake same as white mountain, but put together with following filling: Boil two cupsful of sugar with one-half cup of water, cook to a soft candy. Have ready the whites of three eggs, beaten very light. Stir hot candy into eggs, beat until very smooth, add one dozen fresh marshmallows that have been melted. Mince candied cherries, candied pineapple, blanched almonds and pistascho nuts. Stir all in icing and flavor with vanilla and rum. Spread very thick between layers.

Two cupsful of sugar and one of butter creamed together, add one cupful of milk or water. Beat in three cupsful of flour and two large teaspoonsful of baking powder and whites of five eggs, beaten very light. Flavor to taste. Take one cup of the above dough and add four teaspoonsful of grated and melted chocolate, for a chocolate marble cake. After pouring white cake in pan, press in batter with large spoon, dropping chocolate cake in the space.



One-half cup of butter and one and one-half cupsful of sugar creamed together, stir in three-fourths of a cup of sweet milk, sift two cupsful of flour with one-third of a cup of cornstarch, one teaspoonful of cream of tartar, one-half teaspoonful of soda and one-half teaspoonful of baking powder. Beat very light one whole egg and yolks of seven. Stir into the creamed butter and sugar the flour and eggs alternately. Flavor with vanilla. Bake in square loaf. Grate the rind of one orange, add to this one teaspoonful of lemon juice, two of orange juice, let stand for twenty minutes and strain. Add to this the beaten yolk of one egg. Stir this powdered sugar until stiff enough to spread. Cover entire cake.

Mix two cups of sugar with two of sifted flour, add two teaspoonsful of baking powder. Beat the whites of twelve eggs very light. Stir in the whites, gradually, the mixture of sugar, flour and baking powder. Bake in quick oven. Flavor to taste.

## HEART OF THE WHEAT

Mix one cupful of sugar, one of flour and one teaspoonful of baking powder. Beat well four eggs, separated, add one tablespoonful of cold water to the yolks. Stir yolks into the mixture of flour and sugar, then fold in the whites. Bake in two or three thin layers; spread with jelly and roll.

Cream together one pound of sugar and one of butter, add to this one dozen eggs beaten separately. Stir in yolks first then alternately one pound of flour and beaten whites of eggs. Flavor with one-fourth of a cup of whiskey and a little nutmeg. Two teaspoonsful of baking powder beaten in just before baking.

Two cupsful of powdered or confectioner's sugar and one-half cupful of very rich cream. Stir the sugar and cream before boiling; then boil until thick, but not hard, stirring constantly all the time. When done continue beating until consistency to spread on cake.

## CAKES

To the whipped whites of four eggs add one cup of granulated sugar, beat until perfectly smooth. Dissolve one tablespoonful of granulated gelatine in one-half cup of hot water. When this is cool add slowly to the eggs and sugar; continue beating until ready to spread on cake.

Beat twelve eggs separately, then stir into the yolks two cupsful of sugar, add one cupful of cold water and two heaping cupsful of sifted flour, lastly the whites which should be beaten to a stiff froth. Bake in quick oven.

Take one coffee cupful of sifted flour, one and a half of powdered sugar and the whites of eleven eggs beaten to a stiff froth. Sift flour four times, put in a spoonful of baking powder while sifting the last time. Mix sugar and eggs, sift flour over very lightly, stirring constantly. Flavor with vanilla. Bake forty minutes in pan which has not been greased.

## HEART OF THE WHEAT

Two cupsful of sugar, creamed with one cupful of butter, add to this one cupful of milk, beat into this three cupsful of flour. Lastly fold in the well beaten whites of six eggs and one heaping spoonful of baking powder. Bake in layers and use following filling: Pour over two teacupsful of sugar, two tablespoonsful of boiling water. Boil until it candies, then beat into two well beaten whites of eggs. Add one can of Hawaiian grated pineapple that has had all juice strained out of it. Spread between layers of cake.

Use any of the white cake receipts, bake in layers and put together with chocolate filling, or after you have made the cake, the batter can be divided and melted chocolate added to one-half. Bake two chocolate layers and two white, put together with white or chocolate icing. Chocolate icing is made by boiled icing receipt, add the melted chocolate.

Take one cupful of butter and two cupsful of powdered sugar creamed together, one cupful of water or milk, add to this three cupsful of sifted flour and two teaspoonsful of baking powder. Fold in whites of eight eggs beaten to a stiff froth. Flavor with vanilla. Bake in a loaf or layers.

Beat whites of three eggs to a stiff froth. Boil two cupsful of sugar and half-cup of water until it is a soft candy. Pour hot candy over the eggs, beating until cold enough to spread between layers.

Cut figs into small pieces, also blanch and chop almonds. Follow any of my receipts for white cake. Fill cake pan with layer of batter and layer of figs and almonds, making three layers of cake batter and two of figs. Bake slowly. Cover with icing and stick almonds over the top. Figs and almonds must be well floured, as for fruit cake.

## HEART OF THE WHEAT

Cream one cupful of butter and two cupsful of powdered sugar, one cupful of water or milk. Add to this three cupsful of sifted flour, with two teaspoonsful of baking powder. Separate six eggs, the yolks to be beaten into the creamed sugar and butter, and the whites folded in at the last. Chop one and one-half cupsful of hickory-nut kernels, flour well and stir into batter. Bake in a slow oven.

Same as white cup cake, bake in layers. Have a fresh cocoanut grated and stir into cooked icing. Spread thick between. Reserve some cocoanut and heap on top of cake.

Cream together one cupful of butter and two of sugar, break into this two eggs; stir in four cupsful of flour and two teaspoonsful of baking powder. Roll and cut with cake-cutter. Bake in quick oven.

Make cake from pound cake receipt, using full cup of whiskey. Prepare the following fruit, flour thoroughly and mix in cake batter; it will barely hold the fruit together: Two pounds of large raisins, seeded; two pounds of small seedless raisins, two pounds of best currants, washed and dried; two pounds of citron, one pound large candied cherries, one pound of candied pineapple, one-half pound of blanched almonds, chopped. Bake in large pan with chimney in center. Flavor with vanilla and nutmeg. If one is not very certain of their range, it is best to send so large a cake to a baker.

To the whites of seven well beaten eggs add one and one-half pounds of powdered sugar and four table-spoonsful of flour. Add to this one pound of blanched almonds, beaten to a paste. Drop upon buttered paper about a spoonful of the mixture at such distances apart as shall prevent their running together. If the macaroons run into irregular shapes beat in more sugar. Flavor with bitter almond. Bake in quick oven.

## HEART OF THE WHEAT

To one quart of flour add two well beaten eggs and enough water to make matter the consistency of cream add to this one-half cupful of sugar. Have cruller irons in deep boiling fat, when they are very hot to dip into the batter, then back into the boiling lard. When the cruller is a light brown stroke off the iron on to a soft absorbing paper. Sprinkle crullers with powdered sugar and cinnamon.

Cream one cupful of butter with two of sugar, add three eggs well beaten and two teaspoonsful of baking powder. Mix in flour enough to make a light dough, roll about an inch thick, cut into small cakes, with piece cut out of center. Have a shallow kettle with about two pounds of lard, let it be boiling hot, then drop in cakes. Drain them in a sieve and roll in powdered sugar. If not certain about their being done dart a straw through them, and if it comes out free of the cake dough they are ready to take up. Flavor to tast, but nutmeg, cinnamon and vanilla are generally used.



Blanch three-quarters of a pound of shelled almonds and chop them very fine, but not to a paste. Add as you chop them a little rosewater. Beat to a stiff froth the whites of four eggs, and then beat in gradually a pound of powdered sugar. Add the almonds to this, mixing thoroughly. Flour your hands and make the mixture into little cones or pointed cakes. Spread sheets of damp thin white paper on buttered tins, and put cakes on it, rather far apart. Sprinkle each with powdered sugar, bake a pale brown, in a brisk oven.

Whip until very light and dry the whites of five eggs. Add to them five large kitchen spoonsful of granulated sugar, continuing to beat until sugar is dissolved. Flavor with vanilla. Drop a spoonful at a time on greased tins, leaving quite a space between them. Bake in very slow oven.

Use receipt for white cake. Divide batter in three parts, making one pink, another spiced and the third remain white. Drop in cake mould alternately, they will run together, giving a motled appearance. Bake slowly.

## HEART OF THE WHEAT

Make same as hickory-nut cake, using pecans instead of hickory-nuts.

This cake can be made by any of the white cake receipts, by flouring the currants and citron and adding to the cake batter.

Pound or cup cake makes a good jelly cake. Bake in thin layers and use jelly filling.

Cream one cup of butter with two cups of sugar, add half-cup of water, the beaten yolks of five eggs, three cupsful of flour and two teaspoonsful of baking powder. Fold in the well beaten whites. Bake in muffin moulds. Flavor with nutmeg or vanilla.

## CAKES

Two cupsful of brown sugar, one cupful of cream, two teaspoonsful of butter. Cook until it makes a soft jelly. Beat until it begins to cool. Spread between layers.

Divide white cake batter into three parts. Make one part delicate pink with vegetable coloring, to another add melted chocolate, leaving the third white. Bake in layers. Chocolate layer at the bottom and then pink and white. Use ice cream icing.

Make same as white pound cake, adding the following fruit after it has been cut and floured: One pound of citron, two pounds of candied pineapple, two pounds of candied cherries, one pound of blanched almonds, one pound of pistaschio nuts. Be sure to have fruit well floured. Flavor cake with cup of brandy before stirring in fruit. Bake in a large cake mould, having a moderate oven.

## HEART OF THE WHEAT

Cream together one cupful of butter, one of sugar, one of molasses, half-teaspoonful ginger. Set this mixture on the back of the stove until it is warm, then add one teaspoonful of soda dissolved in a cupful of boiling water. Beat in five cupsful of sifted flour. Add raisins and currants if desired. Bake in muffin rings, and eat hot with rich wine sauce.

**Dies**



Pastry should be made in a cool place and all butter used in pastry should be washed. Very few cooks undertake puff paste, as it can be bought from any good caterer, perfectly made, and very reasonable, considering the time and labor. The receipt is as follows: One cupful of flour with one teaspoonful of salt, rub into this one tablespoonful of butter. Make into a stiff dough with ice water. Roll out and spread with butter, fold the sides and ends over butter. Roll again, spreading butter and folding sides and ends. Repeat this at least four times. Place on ice and get thoroughly chilled before using.

## HEART OF THE WHEAT

Roll puff paste half an inch thick. Cut with large biscuit cutter. Place two pieces together, having previously cut small round piece from the top layer. When cooked they should be very crisp and puffy, with quite a space for filling.

Rub one heaping half-cup of lard into two cupsful of flour, teaspoonful of salt, moisten to a dough with ice water. Place on ice until thoroughly chilled. Roll about a quarter of an inch thick and cover pie tins.

One pint of flour, one teaspoonful of baking powder, one-fourth of a cup of sugar, rub into this one-half cup of lard or butter. Moisten with one beaten egg and ice water to make a soft dough.



Six eggs, the whites and yolks beaten together. Cream one cupful of butter and two of sugar, with two tablespoonsful of flour. Have smooth, then beat in eggs. Add one cup of thick cream, flavor with vanilla. Meringue if desired.

Beat very light four eggs. Add to these the yolks of two, reserving whites for the Meringue. To the eggs add one cup of sugar and a quart of sweet milk. Moisten one tablespoonful of flour with part of the milk and stir into the mixture. Have grated one quart of fresh cocoanut, add this to the milk and eggs, cover pie tins with plain pie crust, brush with white of an egg and pour in filling. Bake in moderately warm oven. When filling congeals or quivers the pie is ready to take out. Make meringue by beating the two whites very stiff, adding one large kitchen spoonful of sugar to each egg. Spread on top of pie and run in oven for a few minutes, until a very light brown. A tablespoonful of melted butter can be added to the filling of this pie, but as a rule the cocoanut is oily, and it is not needed.

## HEART OF THE WHEAT

One quart of flour, salt and one teaspoonful of baking powder. Rub into the flour one cupful of lard. Moisten to the consistency of a thick batter with ice water. This is delicious for chicken or meat pies, the meat with its gravy is placed in the pan and batter poured over the top the thickness of several inches. No lower crust is used with this.

Six eggs, the whites and yolks beaten together. Cream one cupful of butter and two of sugar, with two tablespoonsful of flour. Have smooth, then beat in eggs. Add to this one cup of cold water (never milk), the grated rind of one lemon and juice of two. Bake in tins covered with plain crust. Whites of four eggs for meringue.

To the white of every egg use one kitchen spoonful of sugar. Whites must be beaten stiff and dry, sugar beaten in until dissolved, flavor to taste. Spread over pies or puddings and bake a light brown.

Beat together the whites and yolks of five eggs, add a cupful of sugar and tablespoonful of flour, then a quart of sweet milk. Flavor to taste and bake in plain crust.

Steam or boil potatoes. When done run them through colander. Make a rich custard of four eggs to one cup of sugar and quart of milk. Add two cupfuls of the potatoes, two tablespoonsful of melted butter, flavor with nutmeg and whiskey.

Pare Oranges, be careful to remove all the pulp and skin. To five oranges add the grated rind of one and one cupful of sugar, pour over oranges two tablespoonsful of melted butter. Cover pie tins with plain pie crust, stick with fork to keep from blistering. Bake a light brown, let cool, then put in filling, bake for ten minutes in slow oven. Cover with meringue.

## HEART OF THE WHEAT

Same as sweet potato pie, using cinnamon, vanilla and sherry wine to flavor.

Made same as above, only adding one tablespoonful of dissolved pulverized gelatine to juice of one can of Hawaiian pineapple. Can use either sliced or chunked pineapple, but either must be cut in small pieces, or, I should say, sliced thin. Cover with meringue.

Yolks of six eggs and two cupsful of sugar beaten together until very light and creamy. To this add three tablespoonsful of flour and two of melted butter, mixed to a smooth paste. Flavor with grated rind of one lemon and juice of two. Have boiling one quart of water. Stir into it the above mixture, keep up the stirring process until it becomes a smooth, lightly jellied paste. The six whites must be beaten very stiff and ready to whip in at the last. Pour into pie shells that have been previously baked and cooled. Cover with meringue.

Cover pie tins with plain pie crust. Place carefully in the bottom a thin layer of prunes, that have been boiled very tender, seeded and sweetened. Pour over this a filling made same as custard pies. With or without meringue, as preferred.

Make same as custard pie, adding two cups of pumpkin that has been boiled and pressed through colander, and butter size of an egg, flavor with cinnamon and nutmeg. Use plain pie crust.

Cut the rhubarb into pieces an inch long, cook quickly with as little water as possible. To each cup of rhubarb add one of sugar, cooking again for a few minutes. While the fruit is hot add a tablespoonful of butter for each cup of rhubarb. Let get cold before making pies, as hot fruit poured on to pie dough always makes it tough and soggy. Use narrow strips of crust criss-crossed for the top of pie.

## HEART OF THE WHEAT

Peel and core the best cooking apples, cut in thick slices. Boil until tender, but not broken, add sugar and butter to taste, flavor with cinnamon and nutmeg. Bake in rich paste with upper crust.

Cream together one cupful of butter with two and one-half cupful of sugar, add to the two tablespoonsful of flour one cupful of cream, and four eggs beaten well together. Flavor with vanilla and bake in rich paste.

Make same as transparent pie, adding melted chocolate to taste. Meringue deeply, omitting chocolate in meringue.

Select large ripe strawberries, let come to a boil with as little water as possible (their own juice is better). Sweeten to taste, bake in rich paste with top crust.

Select the best cooking cherries, stone and boil for a few minutes in their own juice. Add sugar and butter to taste. Fill pie pan well with cherries. Too much juice not desirable, adding a tablespoonful of flour gives the filling of any fruit pie more body. The juice not needed in the pie can be used as a sauce to pour over it.

Boil five pounds of tender lean beef—must be salted while cooking. When cold chop fine, adding two pounds of beef suet, also chopped fine, or put through meat grinder. Have prepared and mix in the following fruits: Two pounds of large raisins, seeded and cut in half, two pounds of seedless raisins, two pounds of citron, two dozen oranges, one-half dozen lemons, two dozen apples peeled and chopped very fine, one cup of sugar to every two of the mince meat, or sweeten to taste. Flavor with ground cinnamon and a touch only of ground cloves. Pack all in stone jars, covering top with layer of sugar two inches deep. When ready to make pies add one-half cup of whiskey to each pie. Bake in rich paste, with upper crust.

























NOV 14 1910

One copy del. to Cat. Div.

LIBRARY OF CONGRESS



0 014 486 902 3